

Barking and Dagenham YellowAdvertiser

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Patients praise NHS hospital staff and friendly rehabilitation ward

HOME FROM HOME

By Michael Cox

waltham@yellowad.co.uk

A NEW ward at King George Hospital in Goodmayes that enables patients to be fit to go home after a stay in hospital has been praised.

Japonica Ward is the new home of inpatient rehabilitation for people in east London who are unable to go home right away after an operation or illness.

It joins Foxglove ward which already cares for these patients at the hospital.

The new ward has a gym and a patients' and visitors' lounge.

Retired accountant Albert Murtell, 96, was treated at Queen's Hospital, Romford, for an infection before spending time on Japonica getting ready to return to his flat in Ilford.

He described the ward as a "home from home". He said: "The staff were exceptionally good. They were kind and made you feel a bit more at home."

"I liked the way they asked you what sort of toast you wanted for breakfast – the little things that you don't normally get in hospital."

"They had me doing exercises for my mobility; standing up with a frame, moving my legs, exercising my wrists and fingers and walking short distances."

"It worked – everything has been OK since I've been at home."

Former executive secretary Patricia Buckmaster, 81, collapsed at home shortly after moving to her new flat in Romford, and stayed on Japonica following an operation at Queen's Hospital.

She said: "I was bed-bound for a time, but I got a window right by my bed so I could see the trees about 20 feet away and the birds coming and going, and if I wanted anything, all I had to do was ring the bell."

"Once I could get out of bed they soon had me walking with a frame, then a stick, then they took me down to the gym."

"I was walking all around the ward because you don't get on if you don't keep it up."

"There was a lovely lounge where they got us all together for lunch. It was a very friendly ward and I think they're absolutely marvellous."

Patricia continues to exercise every day at



HAPPY: Albert Murtell, above, and top, Patricia Buckmaster

home to keep her recovery going, and is looking forward to getting back to her keep fit and circle dancing classes.

The new ward is part of a redesign of intermediate care services, which has included the permanent rollout of the community treatment team and intensive rehabilitation service, which has so far helped more than 20,000 people recover, mostly in their own homes.

Dr Anil Mehta, chairman of Redbridge Clinical Commissioning Group, which led the service redesign, said: "Patients told us they would prefer to recover from an operation or illness at home, and that is where the majority of rehabilitation now happens, but there will always be some patients who need a short stay on a ward like this."

"It is great that we are receiving such good feedback about Japonica and it is testament to the hard work of everyone who works there."

Carol White, deputy director at NELFT NHS Foundation Trust, which provides care services on the ward, said: "Japonica is a real example of how staff and designers can work together to create a welcoming and therapeutic environment."



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Ad manager: Vicky Burles

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EDITORIAL

Editor: Mick Ferris

mickferris@yellowad.co.uk

Newsdesk:

01268 503463

waltham@yellowad.co.uk

Photo reprints: See www.yellowad.co.uk

Switchboard:

01268 503400

General Manager:

Vicky Wright

Complaints should be made in writing, either by email to the Editor: Mick Ferris, mickferris@yellowad.co.uk or by post to Mick Ferris, editor Yellow Advertiser, Acorn House, Great Oaks, Basildon, Essex, SS14 1AH.

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COMPETITION

Win tickets to experience magical night at the opera

OPERA and Ballet International will proudly present an Ellen Kent production of Tosca next month and we have three pairs of tickets to give away to see the show.

With international soloists, a highly praised chorus and full orchestra, this traditional production is a heady mixture of true love, torture and treachery.

The production, which will be at the Cliffs Pavilion, Southend, on Thursday, April 7, includes two of the best roles for tenor and soprano, plus a truly blood-curdling villain, Baron Scarpia, who also happens to be the chief of police.

With a magnificent new set and towering marble pillars, fabulous costumes and a featured boys' choir with a shepherd's boy solo, this most popular of operas is sure to delight with its tender, moving arias Vissi d'arte and E lucevan le stelle.

For more information and to book tickets visit southendtheatres.org.uk or call the box office on 01702 351135.

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FINALE: The Te Deum scene which concludes act one of Puccini's Tosca

see the production at 7.30pm on Thursday, April 7, as well as a souvenir programme, just answer the following question.

Q: Who is the blood-curdling villain in Tosca?

A: Mario Cavaradossi

B: Cesare Angelotti

C: Baron Scarpia

To enter the competition telephone your answer – A, B or C – to (0901 307 1660) along with your name, address, telephone number and email.

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Calls cost 50p per call plus your phone company's access charge.

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Drugs gang jailed



Martin Beckett



Jonathon Euesden



Lee Jones



Marc Howell



Stuart Openshaw

FOUR members of a gang have been jailed for smuggling £24million of cannabis concealed in industrial tubes wrapped in carpets. Martin Beckett, 42, of Dukes Avenue, Theydon Bois, was sentenced to nine years, ten months in jail at Wood Green Crown Court on Wednesday, March 23.

He pleaded guilty to conspiracy to the import and supply of cannabis.

Jonathon Euesden, 44, of Lower Park Road, Loughton, pleaded guilty to charges of conspiracy to import and supply class B controlled drugs, and possession of criminal property.

He was sentenced to nine years, three months in prison.

Lee Jones, 47, of Ongar Road, Fyfield, Ongar, admitted charges of conspiracy to import and supply cannabis. He was sentenced to nine years three months in prison.

The court heard that police officers from Waltham Forest intercepted a lorry containing 350kg of 'skunk' cannabis which had arrived

in the UK from Holland. The haul was valued at more than £2m.

Jones and Beckett were arrested attempting to collect the drugs. Further investigation revealed that Jones had made multiple trips to Holland preceding his arrest and had purchased materials to build the concealment in Holland and Belgium.

A company called Mogafish Flooring was created to purchase and transport the carpets across the continent – using legitimate transport companies.

Over a period of six months, approximately 2.5 tonnes of high grade cannabis was imported into the UK. The drugs were taken to a warehouse in North Weald, Essex, rented by Beckett, and distributed to other drug dealers.

On October 28, Marc Howell, 45, of Bramshill Road, Brent, was arrested and 60 grams of cocaine, 10 grams of ketamine and more than £10,000 cash were recovered from his home address.

Further investigation identified Stuart Openshaw, 28, of Woolley

Square, Andover, Hampshire, as having paid cash into the bank account of Mogafish.

On January 11, Euesden was arrested at Southend Airport – having arrived on a flight from Malaga – for conspiracy to import and supply cannabis. A search of his home address revealed more than £40,000 cash in his loft.

DS Tom Mallinson, from



STASH: The drugs were found concealed in industrial pipes disguised with rolls of carpet

Waltham Forest CID, said: "These convictions send out a clear message to those who think importing and supplying Class A and B drugs is a way to earn a living. This gang created a complex conspiracy to conceal their criminal activity and the impact on the people of London and the Home Counties was severe. "The investigation identified a sophisticated network across the UK, and my team worked across Europe with our partners to secure this conviction. I am grateful to everyone involved.

Howell pleaded guilty to charges of supplying cannabis and possession with intent to supply cocaine and ketamine.

He will be sentenced at Wood Green Crown Court on Friday, April 15.

Openshaw was charged with money laundering and supply of cannabis and cocaine.

He admitted all three offences and was sentenced to two years, nine months in prison at Wood Green Crown Court on March 23.

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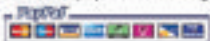
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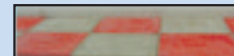
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Sweet success for diabetes fund

Diabetes UK has rewarded the efforts of a fundraising group from Redbridge.

The Ilford and District Diabetes UK group raised £6,500 in 2015 – and it will also be able to donate a further £5,400 from fundraising this year to the charity.

Since its formation in 1959

the Ilford and District Diabetes UK group has raised and donated almost £90,000.

Now it has been presented with the 'Local Group Fundraiser of the Year' in recognition of their work at the Diabetes UK's London Inspire Awards.

Christine Potts, who collected

the award on behalf of the group, said: "We are thrilled. We want to help people in Ilford who have diabetes and warmly invite them to join our group. Diabetes is a life-long condition and it is important to manage your diabetes the best you possibly can to avoid complications."

Roz Rosenblatt, London manager for Diabetes UK, said: "Members of the Ilford group have shown a huge commitment to fundraising. We are very grateful. They obviously work very well together and deserve to be recognised for all their hard work and activity. They are a very impressive group."

Dr Jyoti Sood, local GP and diabetes clinical lead for Redbridge Clinical Commissioning Group, said: "We are very grateful to the volunteers who raise awareness and funds, and are delighted that the Ilford group's hard work has been recognised."

The group's meetings are held on the first Tuesday evening of the month at Valentines Mansion, Emerson Road, Ilford.

It can be contacted at ilford-duk@gmail.com, or you can find more information on its website at: <http://ilford-and-district.diabetesukgroup.org>



Diabetes UK trustee Janice Watson, Ilford and District Group representative Christine Potts and Diabetes UK director of health intelligence Simon O'Neill



Pictured: Jenny Houlihan, Stop Smoking service manager at Barking and Dagenham Council; Kim Hurn, matron, Barking, Havering and Redbridge University Hospitals NHS Trust (BHRUT); Rob Fowler, honorary consultant physician and Smoke Free lead, BHRUT; Claire Homeyard, consultant midwife, public health, BHRUT; Lynn Hanlon, Stop Smoking advisor

The smoke detectives

A SERVICE which aims to help pregnant mothers stop smoking has received a national award.

The Baby Clear project operates across Barking and Dagenham, and won the 'Helping Smokers Quit' award from the NHS London Clinical Senate.

Clinicians and managers at Barking, Havering and Redbridge University Hospitals NHS Trust (BHRUT) have worked closely on the project with the council and North East London NHS Foundation Trust (NELFT).

More than 90 percent of pregnant women booked in through BHRUT now receive carbon monoxide (CO) moni-

toring, which has resulted in increased referrals to the council's Stop Smoking service.

The referral process is not mandatory.

Training for all community and antenatal staff has been provided by Baby Clear – including train-the-trainer sessions – and all midwives and antenatal staff have been given their own CO monitor.

Cllr Darren Rodwell, leader of the council, said: "Being recognised by the NHS for the achievements of the Baby Clear project – and other smoking cessation initiatives – shows the significance and impact of this partnership."

"It's important that mothers understand the risks for both

them and their baby when they smoke – even if they're not regular smokers."

Claire Homeyard, consultant midwife, public health at BHRUT, said: "Our midwives at BHRUT are doing a fantastic job by including CO monitoring as part of the routine tests. CO monitoring is a powerful motivational tool for behaviour change – within the context of a supportive and structured intervention."

Baby Clear received the Helping Smokers Quit from the NHS London Clinical Senate.

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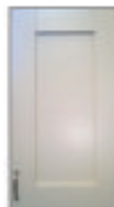
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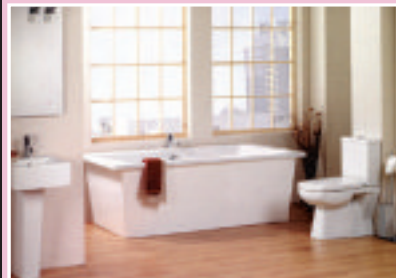
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Dancers dig into a box for inspiration

DANCE students from Barking and Dagenham College have performed their own piece inspired by William Shakespeare on stage at the Barbican.

Their performance, as part of this year's Barbican Box Theatre, was inspired by objects collected by the Barbican from renowned theatre artists and companies, including Benedict Cumberbatch, who chose the death warrant from Hamlet as his object, and the Royal Shakespeare Company.

Lauren Monaghan-Pisano from the Barbican said: "This year marks the 400th anniversary of Shakespeare's death and we want students to have the same licence and creative freedom to creatively experiment with these materials - to boldly and inventively make their own new theatre work inspired by Shakespeare that feels relevant, necessary and personal to them today."

Becki Spindloe, lecturer in performing arts at the college, added: "Barbican Box has been a fantastic opportunity for students to explore their creativity, work together as a real theatre company, and work with industry professionals from the Barbican."

"The students have been



ALL THE RIGHT MOVES: Back row, left to right: Ayo Sodeinde, Shanice Whyte, Javarn Carter-Fraser, Malachi Lewis-Paul and Corey Somefun. Front: Sherelle Sotonye, Rebecca Evans, Nanna Gyemi and Merredith Tisbury

working hard over the past ten weeks in response to the objects in the box and have made an interesting physical theatre piece based around themes of identity, self-expression and control."

Student Ayo Sodeinde, 18, from Chadwell Heath, said that she chose a red fragment of glass as her inspiration from the Barbican Box.

She added: "It's been an

exciting experience and I've tried to make the dance very personal, so I hope the audience will find it interesting to watch. My goal is to work on Broadway one day, so to perform on stage at the Barbican is a great start."

Schools and colleges from across east London were invited to use the box's contents as the creative inspiration for new work.



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CRYPTIC CLUES

ACROSS

1. Cure for a dirty wet-suit? (3-8)
9. Do something – take part! (3)
10. Unwell and resting, but uncomfortable (3,2,4)
11. Cover doctor put on primate (5)
13. Began in a surprised way? (7)
14. The sauce in this barrel is hot stuff! (6)
16. Suitable for a servant in meal preparation (6)
18. Conspicuous because lacking in ability? (7)
19. Could perhaps show strength (5)
20. It provides notes on the right steps to take (5-4)
21. Eastward-pointing extremity (3)
22. Try insect in international sport (4,7)

DOWN

2. Sailor put up deserter (3)
3. Sounds as if one needs warm clothing here! (5)
4. Silent about having to join up (6)
5. Shell for mad person? (3-4)
6. Close shave from an object within reach? (4,5)
7. Bomb thrown by worker angered in riot (4-7)
8. Write terse dental material (4,1,6)
12. Everyone in unison suddenly (3,2,4)
15. The topic is 'The Underdog' (7)
17. Patch up broken couples? (6)
19. I object to doctor disposing of half the wine (5)
21. The match ended all square (3)

QUICK CLUES

ACROSS

1. Coin-collector (11)
9. Sister (3)
10. Try (9)
11. Banish (5)
13. Appendix (7)
14. Underhand (6)
16. Jew (6)
18. Apprentice (7)
19. Drawing room (5)
20. Deign (9)
21. Signal (3)
22. Heat level (11)

DOWN

2. Vase (3)
3. Perfect (5)
4. Noon (6)
5. Nonsense (7)
6. Rascal (9)
7. Unfeeling (11)
8. Wage-earner (11)
12. Early (9)
15. Relationship (7)
17. Mend (6)
19. Fragrance (5)
21. Dog (3)

Last week's solutions

Travel: 16 Engage; 18 Issue; 19 Drop.
6 Aligned; 7 Take; 8 Casting-votes; 12 Jeweller; 14
Down: 1 Anemones; 2 In the; 4 Enter; 5 Cat's-whiskers;
React: 21 Aerosol; 22 Polisher; 23 Fear.
Overthrowing: 13 Extant; 15 Middle; 17 Carving-knife; 20
Across: 1 Akin; 3 Seacraft; 9 Extract; 10 Trick; 11

Change: 18 Igloo; 19 Scab.
7 Earn; 8 Belligerence; 12 Inventor; 14 Impound; 16
Delicacy; 2 Sugar; 4 Resist; 5 Second to none; 6 Fervid;
Churn; 21 Ringlet; 22 Badgered; 23 Pour; Down: 1
Carelessness; 13 Cringe; 15 Stolen; 17 Apprehensive; 20
Across: 1 Dust; 3 Preserve; 9 Legless; 10 Cover; 11

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André Rieu & The Johann Strauss Orchestra

At London's SSE Wembley Arena

2 days from £199.00, 20 December 2016

See André Rieu & The Johann Strauss Orchestra in a spectacular festive concert at London's famously iconic SSE Wembley Arena, as the Dutch maestro, with his talented musicians and singers, present an unforgettable night of magic and showmanship - a wonderful not-to-be-missed experience that's the highlight of this great-value, coach-inclusive break to the capital.

Highlights & inclusions

- A seated ticket (face value £45) for André Rieu & The Johann Strauss Orchestra concert at SSE Wembley Arena, London (upgrades available)
- One night's bed and buffet breakfast hotel accommodation in Greater London
- Return coach transfers between your hotel and the concert venue
- Coach travel from the local area
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British Grand Prix 2016

The very best of Formula One™

2 days from £289.00 adults, £179.00 kids, 9 July 2016

An early charge by the Williams drivers, and a late-race fight back from Nico Rosberg couldn't shake pole-starter and 2015 victor Lewis Hamilton from his third British Grand Prix title. Can he do it again, and raise himself ahead of previous other three-time winners - Jack Brabham, Niki Lauder and Michael Schumacher? Join us, at the 2016 British Grand Prix, to find out.

Highlights & inclusions

- Two days' admission to the Grand Prix at Silverstone (ticket upgrades available)
- One night's bed and continental breakfast accommodation at a three-star hotel within 90 minutes by coach transfer from Silverstone
- Coach travel from the local area
- Escorted by a friendly tour manager



Wimbledon 2016

The iconic event of any summer

2 days from £159.00, 9 & 10 July 2016

This is your chance to soak up the unique atmosphere of the world's premier Grand Slam tennis championships over the 'Finals' weekend. Reserve your place on our hugely popular summertime break and you too can be there, wandering the grounds and taking your reserved seat on No.1 Court to see the stars of tomorrow and yesterday competing in the Junior and Senior events.

Highlights & inclusions

- A reserved seat on No.1 Court at Wimbledon for the full day's play
- Visit to Windsor with the opportunity to visit Windsor Castle
- One night's bed and continental breakfast accommodation at a three-star hotel in the Greater London area
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Lionel Richie in Concert - Day Trip

All The Hits, All Night Long

At London's O2 Arena

Day trip from £89.50, 3 July 2016

Travel to The O2 Arena, London for a fantastic concert as Lionel Richie revisits 'All The Hits' from a catalogue of music that runs from early Commodores' classics like 'Three Times a Lady', through the 1980s heights of 'Dancing on the Ceiling' and 'All Night Long', right up to the present day.

Highlights & inclusions

- A lower tier seated ticket for the Lionel Richie concert at The O2 Arena, London (face value £70)
- Return coach travel from your local pick-up point to the venue



RHS Hampton Court Palace Flower Show

New 'Butterfly Dome' for 2016

2 days from £129.00, 8 July 2016

Held against the backdrop of one of the great Royal Palaces, this show is packed full of advice and inspiration.

Highlights & inclusions

- Afternoon entrance to the Hampton Court Palace Flower Show
- A visit to Royal Windsor
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HISTORY ON YOUR DOORSTEP

No ordinary island

FOULNESS is the biggest of the Essex islands and the fourth largest off the coast of England.

Close to Southend with vast stretches of isolated marshland, it is no ordinary island.

People call ditches upside down hedges; Richard Noble tested the jet engine of his Thrust II here before breaking the speed of sound and the old school house is now a heritage centre.

The island is owned by the MoD and has been used for many years for the testing of armaments, missiles, torpedoes and ballistics.

In the middle of this lives a small community of about 160 people.

The nearest thing to a settlement on the island is Churchend.

It has a tiny village store – the only one – a post office and a 19th century church, St Mary's, built in Gothic style using Kentish ragstone.

The only pub closed several years ago.

Foulness and the adjoining Maplin Sands are internationally famous as a haven for wildlife.

This unpolluted utopia has the



WORSHIP: St Mary The Virgin Church, Foulness
Photo by Mark Cleveland

second largest colony of avocets and is a winter home for thousands of wading birds and Brent geese.

The heritage centre is housed in the former school.

The two-roomed building is full of displays with archaeological finds dating back to Roman times, cracked urns, tools, wedding gowns and

other artefacts. The centre is open from noon to 4pm, every first Sunday of the month, from April to October.

As the island is owned by the MoD, public access to the island is restricted to the open days of the centre.

For more information about Foulness Island and much more in Essex, go to visitessex.com.

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To have your event considered for publication, send the details AT LEAST 10 DAYS before the issue date to: **What's On, Yellow Advertiser, Acorn House, Great Oaks, Basildon, SS14 1AH. You can e-mail us at: letters@yellowad.co.uk PLEASE NOTE: We cannot guarantee that all entries will be included. However, you can add the details of your event to our website at www.yellowad.co.uk**

Saturday, April 2
 ■ Table Top Sales - St Paul's Community Centre, Barley Lane, Goodmayes, IG3 8XE, free admission, noon to 3pm, cost per table from £8, to book call 07453 782726, first come first served.
 ■ Tennis - small club in Ilford, we play Sat pm, Sun am and three weekday afternoons, over-50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.
 ■ Ante-natal Yoga - Quaker Meeting House, Bush Road, Wanstead, E11, Sat 10am to noon, Mon 6.45-8.45pm, post-natal yoga, Sat 12.05-1.15pm. 020 8923 6452.

Sunday, April 3
 ■ West Essex Ramblers - meet 10am at the road by Epping Station, 10-mile walk, 020 8502 1628.
 ■ Ilford & District C.H.A Rambling Club - morning walk and street festival, meet 10.30am at The Cutty Sark DLR station. Three-mile walk, 020 8926 4593.
 ■ One Day Workshop - print making, 10am-3pm, Buckhurst Hill Community Association, Bedford House, 4 Westbury Road, IG9 5NW, £24, 020 8504 6668.
 ■ Strides Badminton Club - Wanstead Leisure Centre, Redbridge Lane West, 3.30pm, new members welcome, aged 18 and over, all levels, details Mark 020 8598 8435 (before 9.30pm).
 ■ Sunday Service - Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm. 07974 108350.
 ■ Sunday Services - Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.
 ■ Sunday Services - Higher Life Christian Centre, Forest YMCA, 642 Forest Road, Walthamstow, 10am to noon.
 ■ Learn to Dance Modern Jive - Hainault Forest Community Centre, 7-10.30pm. 07768 005858.

Monday, April 4
 ■ Short Mat Bowls - Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, 7pm, details Tony or Heather 01708 340874.
 ■ Music Listening Appreciation Group - Rectory Library, Rectory Road, Dagenham, 7pm, admission free. 020 8592 8821.
 ■ Rehearsals - Redbridge Ladies Choir, Palmer Catholic Academy, Seven Kings, 7.45-9.15pm, new members welcome. 020 8551 9895.
 ■ Rehearsal - The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite Underground station), 7.15pm, new members welcome. 020 8505 4329.
 ■ Forest Highlanders Pipes and Drums - St Cedd's Church, Seven Kings, 8pm.
 ■ Bingo - Friday Hill Community Association, Coney Burrows Community Hall, Friday Hill, E4, 1.30pm.
 ■ Multi-denominational healing - Redbridge Healing Centre, IRDSA Hall, Craven Gardens, Barking, IG6 1PS (next to car park, Fullwell Cross roundabout), 7-9pm, no charge, 07971 536581/556490 or 07821 969405.
 ■ Yoga Classes - The Peterhouse Centre, Walthamstow, 1-3pm and Tiptree Community Hall, Barking, 7.30-9.30pm, call Kay Russell 020 8554 7168.

Tuesday, April 5
 ■ Stroke Club - Parkside Stroke Club, Parkside Community Centre, Goodmayes Lane, 1.30-4pm. 020 8595 3973.
 ■ Coffee Shop - Eastern Avenue Baptist Church, East Road, Chadwell Heath, 10am, games, videos, friendship, all welcome. 020 8599 1479.
 ■ Club - Barking and Dagenham 18-Plus, The White Horse Inn, 118 High Road, Chadwell Heath, ages 18-35, 9pm, free trial membership, details Joe 07958 669339.
 ■ Duplicate Bridge - Parkside Community Centre (corner of Goodmayes Lane and Longbridge Road), Barking, 1.30-4.30pm, regret no beginners, call Jim (pref. evenings 5.30-6.30pm) 020 8592 0397.
 ■ Rehearsals - Chapel End Savoy Players, St John's Church, Chingford Road, Walthamstow, 8-10pm. 020 7474 7926.
 ■ Gilbert and Sullivan, songs from the shows, old time music hall.
 ■ Come Sing With Us - Pearl Hiller Concert Choir, Gants Hill, 1.30-3.30pm, call Pearl 020 8554 1240.
 ■ Chadwell Heath Canasta Club - Chadwell Community Centre, High Road, Chadwell Heath, RM6 6AS, 7pm, all

welcome, from beginners (we will teach you). 020 8599 6638.
 ■ Barking Road Runners - Barking Abbey School Leisure Centre, Woodbridge Road, 7.15pm, for experienced or fun runners, over 16 years. 020 8594 4602.
 ■ Whist Drive - British Legion Club, Ilford, 7.45pm. 01708 555478.
 ■ Line Dancing - Walthamstow Trades Hall, intermediate, 8-11pm. 07968 036373.
 ■ Circle Dancing - King Solomon High School, Barking, 8-10.30pm, no partners necessary, details 07958 592938.
 ■ Square Dancing - American Square Dance Club, Fullwell Cross Library, Barking, 8-10.30pm, beginners welcome.
 ■ Tea Dance - Woodward Hall, Woodward Road, Dagenham, mainly ballroom and Latin American, 2-4pm. 020 8592 8402.
 ■ Redbridge Folk Dance Group, King Solomon High School, Forest Road, Barking, 8-10pm. 020 8559 8505 (eve).
 ■ Salsa classes - Latin aboard the Tereza Joanne moored at King George V Dock, E16, 7.30pm. 020 7511 5000.
 ■ Fitness classes - Wesley Hall, Methodist Church, Loughton High Road, 10.30-11.45am, safe, fun. 020 8508 3346.
 ■ Sahaja Yoga Meditation - 1a Jewel Road, Walthamstow, learn to meditate, relax, de-stress, free weekly classes, 7.30pm, beginners welcome. 07931 851954.
 ■ Yoga Classes - Redbridge Social Centre, rear of 188/190 Beehive Lane, Ilford, for beginners and mixed ability, 2-3.30pm and 7.30-9pm. 020 8550 0689.
 ■ St Francis Mother and Toddler Club - Evangelical Church, Fencepiece Road, Barking, 1.30-3pm, adults £1, children free.
 ■ Duckling Club - Parent and Toddler Group, Ley Street Chapel, 367 Ley Street, Ilford, 10am to noon. 020 8514 1255.
 ■ Badminton player required to join small friendly group, 8.30-10.30pm, Higham Hill area Walthamstow. 020 8527 7234.
Wednesday, April 6
 ■ Talking Hands - club for the deaf and hard of hearing, 10.45am-2.45pm, York Room, Ilford Library.
 ■ Table Tennis - Forest Community, Guildford Road, Walthamstow, 8pm, new members welcome, Ray 020 8524 4289.
 ■ Friends Club - St Cedd's Church Hall, Blythwood Road, Seven Kings (opposite Homebase), 1-4pm, short mat bowls and snooker, 50p per session.
 ■ Live Blues Jam - Coach and Horses, 391 High Road, Leyton, guests, regulars and

what's on

house band, £2 listeners, £1 musicians, all welcome, singers and drummers especially, 8.30-11.30pm. 020 8502 0351.
 ■ Ilford No. 1 Senior Citizens Club - St John's Church, St John's Road, Seven Kings, IG2 7BB, 1-3pm, Details Helen 0208 590 7291.
 ■ Social Club - Wanstead House, The Green, E11, 8.30-10.30pm. 020 8514 8046.
 ■ Bingo - Royal British Legion Club, 31 Dunton Road, Leyton, 7.30-10pm.
 ■ Clairvoyance - Little Ilford Christian Spiritualist Church, Third Avenue, Manor Park, spiritual healing 12.30-1.45pm, services with clairvoyance 2pm and 7.30pm, donations accepted. 020 8514 4030.

Thursday, April 7
 ■ Theydon Bois Drama Society presents The Killing of Sister George - Theydon Bois Village Hall, Coppice Row, Theydon Bois, Essex, CM16 7ER, 8pm. Tickets £8.50. Until Sat. Box office: Mr and Mrs James 01992 812250.
 ■ Keep Fit for over-50s - Debdon Park Community Association Hall, Willingale Road, 10.30am. 020 8508 3346.
 ■ Weekly 'drop-in' - friendly people who just want an afternoon of company, St Andrew's Church, Church Road, E17 6AR, 2-4pm.
 ■ Circle Dancing to World Music - Quaker Meeting House, 1a Jewel Road, Walthamstow, 2-4pm, £4, beginners welcome, no partner needed, Pat 020 8556 3508.
 ■ Ilford Centre Townswomen's Guild, St Alban's Church Hall, Albert Road, Ilford, 2-4pm.
 ■ Wanstead Rotary Club - County Hotel, South Woodford, 1-2.15pm, call David 020 8989 2701.
 ■ Barking and Dagenham Friendship Club - Methodist Church, London Road, Barking, 2-4pm, £1.50, for people who have had a sad loss. 020 8594 6409.
 ■ Rehearsals - Woodford Symphony Orchestra, 020 8504 7783.
 ■ Dagenham Camera Club - Wanzt Library, Rainham Road North, 8-10pm. 020 8252 2934.
 ■ Forest Creative Writers Group - Jazz Archive Room, Loughton Library, Traps Hill, Loughton, 12.45-2.45pm.
 ■ Friends Club - St Cedd's Church Hall, Blythwood Road, Seven Kings (opposite Homebase), 50p per session.
 ■ Social Meeting - Redbridge Stroke Club, Loxford Youth Centre, 2-4pm. 020 8220 5878.
 ■ Indoor Short Mat Bowling Group - Buckhurst Hill Baptist Church, Palmerston Road, Buckhurst Hill, 8-10pm, facilities for disabled players, call Ken 020 8504 9044.

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Public Notices

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) REGULATIONS 1990 NOTICE UNDER REGULATION TOWN & COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2015 NOTICE UNDER ARTICLE 8

The following developments affect the character or appearance of the relevant conservation area:

Aldersbrook Conservation Area

0970/16 Applicant: Ms Carren Brown, 52 Clavering Road **Description:** Part first floor rear extension on existing ground floor rear extension

0960/16 Applicant: Mr S Whitehead 127 Wanstead Park Avenue **Description:** Loft conversion and installation of three front roof lights and three rear roof lights

0974/16 Applicant: Mr A Huggins, 69 Herongate Road **Description:** Single storey rear extension. Loft conversion with two rear dormers. Two front roof lights

0975/16 Applicant: Mr S Blake 43 Dover Road **Description:** Single storey rear extension. Loft conversion with alterations to existing roof. Alterations to fenestrations.

The Bungalow Estate (Formerly Mayfield) Conservation Area

0352/16 Applicant: Mr D Fry, 36 Water Lane **Description:** Conversion of garage into habitable room (summary).

0888/16 Applicant: Mr J S Bahia, 102 Levett Gardens **Description:** Rear conservatory

1035/16 Applicant: Mr K Marwaha, 11 Egerton Gardens **Description:** Conversion of garage to habitable room

1033/16 Applicant: Mr M Akhtar, 39 Tresco Gardens **Description:** Single storey rear extension (orangery)

0255/16 Applicant: Mr M Ahmed, 65 Westrow Gardens **Description:** Proposed hard standing to front of property and one metre high front and side boundary walls

Claybury Conservation Area

1113/16 Applicant: Mr M Jays, 24 Regents Drive **Description:** Single storey rear extension and single storey side extension

Snaresbrook Conservation Area

1024/16 Applicant: Mr S Mingli, Beverley Hills, Hermitage Walk **Description:** Double storey front extension incorporating bay window. Single storey rear extension. Loft conversion with rear dormer. two front roof lights

Wanstead Village Conservation Area

0804/16 Applicant: Mrs C Headlam, 16 St Marys Avenue **Description:** Single storey rear extension

Woodford Broadway Conservation Area

1075/16 Applicant: Mr A Hadley, 11 The Broadway **Description:** First floor rear extension with balcony over existing ground floor extension

0899/16 Applicant: Mr S Creese, 57 Monkams Drive **Description:** First floor side extension, loft conversion incorporating 1 dormer to the front, 1 dormer to the side and 1 dormer to the rear.

Listed Buildings

1303/16 Applicant: Mrs P Sprenger, Langham House Makepeace Road **Description:** Conversion of existing loft spaces with associated internal alterations

Green Belt

0935/16 Applicant: Mr & Mrs S & N Chandarana, 181 Forest Road **Description:** One externally illuminated fascia sign and one externally illuminated sign on steel column (Full planning permission sought under App No. 1148/16)

1148/16 Applicant: Mr & Mrs S & N Chandarana, 181 Forest Road **Description:** Change of use from garage workshop and warehouse to indoor trampoline and entertainment centre for adults and teenage children (Advertisement consent sought under App No. 0935/16)

1001/16 Applicant: Mr & Mrs T Heaslip, Fox Burrows Cottage, Fox Burrow Road **Description:** Erection of a new end-of-terrace dwelling

Applications can be inspected online at www.redbridge.gov.uk/planning or One Stop Shop on the ground floor of Lynton House, 255-259 High Road, Ilford Essex IG1 1NN between the hours of 8.30am and 4.30pm Mondays to Fridays and 9.30am to 4.30pm Wednesdays. If you require information contact the Planning Services on 020 8708 2053. Representations should be made in writing to Planning Service within 21 days of the date of this notice. Paul Walker – Chief Planning and Regeneration Officer. Date: 31 December 2015 DM No. 80155581

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Representation must be made by 20/04/2016

Interested parties and responsible authorities wishing to oppose the application must give notice in writing to: Head of Community Protection, The London Borough of Redbridge, Licensing Service, 10th Floor, Lynton House, 255-259 High Road, Ilford, Essex, IG1 1NN

It is an offence, liable on conviction to a fine up to Level 5 on the standard scale (£5,000), under Section 158 of the Licensing Act 2003 to make a false statement in or in connection with this application.

The record of the application may be inspected Monday to Friday (except Bank Holidays) at the offices of The London Borough of Redbridge, Licensing Service, 10th Floor, Lynton House, 255-259 High Road, Ilford, Essex, IG1 1NN between the hours of 10.00 am to noon and 2.00 pm to 4.00 pm or on the worldwide web at <http://www.redbridge.gov.uk/business/liquorentertainment.cfm>

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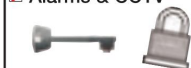
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KAREN an attractive blue eyed redhead, curvy size 16, likes films, football, pubs, reading, seeking likeminded male for nights in/out, hopefully more. Tel No: 0906 500 6358 Box No: 412057

FREYA 33 6ft blonde, loves dancing and have a good time, employed, own home, one son, seeking similar laidback guy/dad for dates, chats and more. Tel No: 0906 500 6358 Box No: 412045

JANE 29yr old horsey female, loves the outdoors, cycling, as well as duvet days, WLTm not too serious male for a hopefully normal relationship. Tel No: 0906 500 6358 Box No: 412315

KATHY easy going curvy tanned nurse looking for relaxation and fun times with appreciative uncomplicated male, any age/looks unimportant. Tel No: 0906 500 6358 Box No: 411893

JULIE attractive 35yr old female, with a great body, looking for no strings attached evening meets. Tel No: 0906 500 6358 Box No: 411779

SAM young slim brunette, pretty, sporty, loves dancing, walking, music, eating out, travel, looking for N/S male for fun times. Tel No: 0906 500 6358 Box No: 412309

DIANE voluptuous curvy and all woman, loves dancing, walking, cosy nights in, WLTm nice man for friendship, hopefully leading to something more. Tel No: 0906 500 6358 Box No: 412321

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O'S SUFFER TWO EASTER DEFEATS

Football

Leyton Orient 0 Hartlepool 2
Sky Bet League Two
By Rowland Lyons at the Matchroom Stadium

LEYTON Orient's play-off hopes suffered another blow after back-to-back defeats, with improving Hartlepool becoming the seventh side to claim maximum points in east London on a blustery Bank Holiday Monday.

Second-half Billy Paynter and Nathan Thomas strikes virtually ensured Football League status for a side that had been in freefall, prior to Craig Hignett's recent appointment to the visitors' hotseat.

Kevin Nolan made two changes from the Good Friday reverse at Accrington. Jack Payne earned a recall in favour of the benched Sammy Moore, with Ollie Palmer stepping in for Shaun Brisley.

Despite early Orient pressure, they had nothing to show for their first half territorial advantage, with Palmer going closest

with a 28th minute effort that took a deflection off Adam Jackson but his effort spun wide.

Comfortably soaking up the pressure, 'Pool were denied a perfectly good-looking opener when skipper Paynter stole a match on a static Orient defence and headed home Jake Carroll's 44th minute free-kick – only to see his effort cancelled out by a marginal offside flag.

Having been lacking in most departments before the turnaround, the O's showed little improvement and on 49 minutes, Carroll was allowed too much freedom to cross to the far post where Paynter was on hand to net with a typical striker's goal.

Buoyed by their belated opener, the visitors should have been further ahead five minutes later when on-loan Crystal Palace wideman Jake Gray's cross was only partially cleared by makeshift centre-half Nicky Hunt, but with a good sight of goal, Luke James hurriedly headed over from 10 yards.

Orient's three-pronged attack continued to struggle against a well-organised Hartlepool defence, with former Leeds keeper Trevor Carson continuing to enjoy a quiet afternoon.

This was clearly not the expectation of a side with play-off aspirations, and with half an hour left Nolan took himself off, to be replaced by Fraser Shaw, and Blair Turgott came on for Armand Gnanduillet as O's went to a more conventional 4-4-2 formation.

But the switch didn't work as Pools doubled their lead on 69 minutes when Thomas was allowed to cut in and beat left-back Shaw and fired in an unstoppable angled drive with the outside of his right boot to easily beat a flat-footed Cisak.

Cisak at least kept the score down to foil a Lewis Hawkins 30-yard piledriver, before Orient showed signs of recovery with Turgott having a header cleared off the line – which suspiciously looked like handball – before

Jerome Binnom-Williams was unlucky to see a close-range effort brilliantly pawed away by the under worked Carson.

Apart from a late Jay Simpson effort, the O's never threatened again, leaving Nolan admitting: "We weren't good enough today and everyone must take a good look at themselves. Over the last two games we have not been playing to our standards.

"The fans pay good money to come and watch us and we need to stand up and be counted."

Leyton Orient: Alex Cisak, Sean Clohessy (captain), Nicky Hunt, Peter Ramage, Jerome Binnom-Williams, Nigel Atangana, Jack Payne (Lloyd James 75), Kevin Nolan (Fraser Shaw 61), Armand Gnanduillet (Blair Turgott 61), Jay Simpson, Ollie Palmer.

Hartlepool United: Trevor Carson, Carl Magnay, Adam Jackson, Matthew Bates, Jake Carroll, Jake Gray (Brad Walker 83), Nicky Featherstone, Lewis Hawkins (Michael Woods 76), Nathan Thomas, Billy Painter (captain), Luke James (Rakish Bingham 87).

Referee: Frederick Graham
Assistants: Nigel Lugg and Barry Holderness
Attendance: 5,543

Stars align for Noble's testimonial game

Football

West Ham United 6 West Ham All-Stars 5
Brian Jeeves reporting from Upton Park
WEST Ham United fans turned out in force to honour captain Mark Noble, who celebrated 12 years at Upton Park with a hugely entertaining testimonial match against a star-studded Hammers legends team, led by Sir Trevor Brooking and Billy Bonds.

Since making his debut in a League Cup tie against Southend United in 2004, Noble has accumulated 358 appearances and a host of former stars, including Paolo Di Canio, Rio Ferdinand and David James took to the pitch to show their support.

The 28-year-old midfielder acknowledged all those who supported the day, saying: "What an amazing day for everyone, my family, the fans, the club. It couldn't have turned out any better."

As is often the case on these occasions, exchanges were timid yet warmly received by the capacity crowd, and it was the sprightly All-Stars who grabbed the lead thanks to a neat side-footed effort from Craig Bellamy.

Former England goalkeeper James received some good-natured stick from the Boleyn faithful after denying man of the moment Noble an instant equaliser, but in the 25th

minute the crowd got the moment they craved as the Hammers skipper found the bottom corner to restore parity.

And the fun had only just begun. Spanish goalkeeper Adrian haphazardly dribbled the length of the pitch before firing the current crop of Hammers ahead. Alex Song added a third from close range, while Noble's curing effort hit the foot of an upright soon after. Shortly before the break Diafra Sakho tapped home after Noble teed him up to make it 4-1.

The entertainment continued after the break with Teddy Sheringham reducing the arrears for the All-Stars after Dean Ashton had been thwarted. Sakho's second of the afternoon added to the precession of goals to restore the current team's three-goal advantage.

Ashton brought the house down with the goal of the afternoon, a spectacular bicycle kick following Ian Bishop's pinpoint centre, and the popular frontman pulled the All-Stars within touching distance of their counterparts with his second soon after.

The huge crowd remained behind to a man, watching a penalty shoot-out after the full-time whistle. But of course, this was never about the result. Noble used the afternoon to raise much needed money and awareness for his chosen charities, Help for Heroes,

Richard House Children's Hospice and The Dylan Tombides Foundation.

Noble said after the match: "To be honest I feel worse now than I do after a normal Premier League game.

"Just the emotion and stress of putting something like this together. I didn't realise what goes on behind the scenes to get a game like this up and running. I can't thank everyone enough for what they have done for me, it was a massive honour."

West Ham United (From): Winston Reid, Aaron Cresswell, Alex Song, James Tomkins, Andy Carroll, Adrian, Pedro Obiang, Diafra Sakho, Mark Noble, Joey O'Brien, James Collins, Angelo Ogbonna, Sam Byram, Manuel Lanzini, Emmanuel Emenike, Michael Antonio, Raphael Spiegel, George Dobson, Moses Makasi, Amos Nasha, Djair Parfitt-Williams, Alex Pike
West Ham United All-Stars (From): Robert Green, David James, Ludek Mikosko, Paul Konchesky, Danny Gabbidon, Anton Ferdinand, Christian Dailly, Kevin Keen, Scott Parker, Teddy Sheringham, Trevor Sinclair, Dean Ashton, Jack Collison, Paulo Di Canio, Marlon Harewood, John Mconcur, Stewart Downing, Steve Lomas, Jamie Redknapp, Carlton Cole, Ian Bishop, Chris Cohen, Yossi Benayoun, Rio Ferdinand, Ravel Morrison, Matthew Upson, Michael Carrick, Elliott Ward, Jimmy Walker, Bobby Zamora, Lee Bowyer, Freddie Sears, Chris Powell, Taylor Tombides, Julian Dicks

Referee: Andre Marriner
Assistants: Darren Blunden and Paul Kelly
Fourth Official: Andy Woolmer
Attendance: 35,036

Non-league round-up

Concord better rivals Chelmsford

By Brian Jeeves

CONCORD Rangers took the National League South bragging rights after a second half goal from Steve Cawley saw the Beach Boys overcome local rivals Chelmsford City at the Aspect Arena. A crowd of 585 were at the Canvey club's home for this eagerly anticipated derby clash. Cawley's strike moves Concord into 10th place in the table, while City are hovering two points above the drop zone in 18th.

Braintree Town enhanced their National League play-off ambitions with a 1-0 win over a stubborn Bromley outfit at Cressing Road. A bumper crowd of 1,321 saw Simeon Akinola's goal on the stroke of half-time earn the Iron maximum points.

Big winners of the day in the Ryman Premier Division were East Thurrock United. The Rocks kept up their play-off charge with a 3-0 triumph at Metropolitan Police, Ryan Sammons, Thomas Wraight and Ben Marlow were all on target for the visitors.

A last-minute own goal from David Diedhiou earned relegation-threatened Brentwood Town a 1-1 draw at Hendon after former Canvey Island man Kezie Ibe had fired the hosts ahead.

But it wasn't such a happy Easter for several of the region's other Ryman Premier clubs. Billericay Town went down by the odd goal in five to Farnborough at New Lodge, and there was a 2-0 setback for Canvey Island at Tonbridge Angels. Grays Athletic were also beaten as visitors Merstham took the points with a 3-1 win.

In Division One North Billy Roast and Rhys Henry were on target as Maldon & Tiptree won 2-0 at Wroxham.

Nicholas Reynolds and James Ishmail guided Romford to a 2-1 win over Great Wakering Rovers, Billy Johnson replied for the villagers.

Meanwhile, Ricky Griggs hit the only goal as Brightlingsea Regent took the honours at Tilbury.

Daniel Aristidou and Ross Dedman scored either side of the break as Haringey Borough saw off Redbridge 2-0, and Heybridge Swifts were also winners, edging out Bury Town 2-1. A crowd of 270 at Bridge Avenue saw AFC Hornchurch and Thurrock play out a tense goalless draw, while Andres Losada Tobon was on target as Aveley grabbed a 1-1 draw at Cheshunt. Elsewhere Witham Town went down by a single goal at Cray Wanderers.

In the Essex Senior League, Bowers & Pitsea continued to show few signs of an FA Vase hangover after recording a thumping 7-1 victory over Tower Hamlets at the Len Salmon Stadium, and there was an entertaining 3-1 derby win for Barking over Clapton. Basildon United maintained their title challenge with a narrow 2-1 success over Eton Manor and there were wins for Sporting Bengal United, 3-1 over Southend Manor, and Wadham Lodge, 2-0 at Burnham Ramblers. Waltham Forest were also among the goals, thrashing Enfield 1893 4-0.

Ilford recovered to grab a vital point in a 2-2 draw with Greenhouse Sports at the Cricklefield Stadium, and it was all-square between Hullbridge Sports and Stansted (1-1), while London Bari's clash with Sawbridgeworth Town ended goalless. In the ProKit UK Essex Olympian League, Hannakins Farm won a thrilling Premier Division clash with Newham United 5-3, while Harold Wood Athletic were 4-0 winners at Newbury Forest.

In Division One, Basildon Town saw off Hutton by a single goal, and there was a goal-feast between Old Southend and Snarebrook at Garon Park, the eventual outcome a 4-4 draw. In Division Two Roydon beat Westhamians 4-1 and FC Hamlets edged out East Londoners 3-2.



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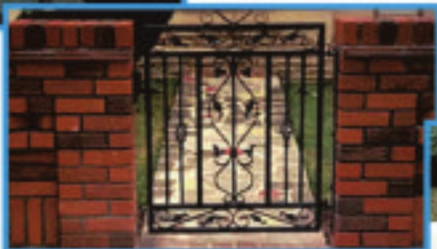
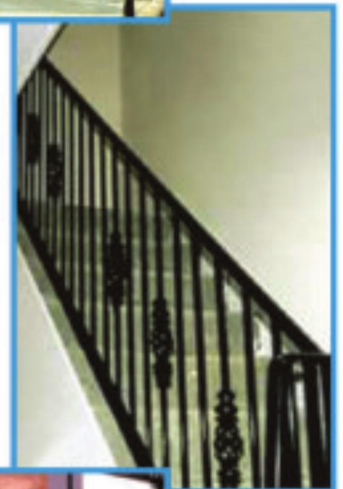
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